



# Sportuality: Finding Joy in the Games

*Jeanne Hess*

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## **Sportuality: Finding Joy in the Games** Jeanne Hess

Sportuality is an examination of sports at all levels from a Western perspective, focusing on how it reflects our cultural belief in separation and dualistic thinking, as well as how sports can grow peace, understanding, and joy. Sportuality crosses disciplines of sports and spirituality to help readers-athletes, coaches, parents, and fans-evolve a higher consciousness within sports and competition. Using a journal and questions for self-reflection-called a "box score" and "time-out" -readers can reflect upon and create their own sportual stories. By examining words traditionally used within sports, Sportuality helps the reader think critically about competition, community, communication, spirit, humor, enthusiasm, education, religion, holiness, sanctuary, sacrifice, and victory. Sportuality can also expose our learned beliefs in war and violence so we might be willing to choose the alternatives of joy and peace.

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